



ANNUAL
REPORT
2007



Dear Meals On Wheels,

I wanted to thank you for the support you have provided my mother and my family. My mom spent the better part of July in the hospital with a respiratory infection. Many years ago she had tuberculosis and has been surviving on one lung since her early twenties. She manages pretty well, but when she gets a cold or pneumonia, it can be life threatening. In mid-June, she couldn't breathe and couldn't get better with my help or her own resources and ended up in the hospital for nearly four weeks.

During that time, I talked with her about what she needed to do to improve her health. She knew that she needed to take better care of herself and eat well but lacked the energy to do something about it.

While mom was still in the hospital, I called Meals On Wheels to see if there was something that could be done for her. When I received the call saying that my mom's deliveries would begin soon, I just cried. I called my mom within a few minutes and told her. She began waiting for the truck from that moment on.

The first delivery arrived exactly as they described, at about noon. Mom couldn't wait to try her first meal. She called me the next day and said for the first time in many, many months she was hungry and looking forward to eating.

I cannot tell you what a difference this program has made in her life and mine. She called me last night and said that I had probably saved her life; if I hadn't called Meals On Wheels, she might not have seen her 84th birthday.

I am so very grateful to you all for what you do and the people you touch. I'm sure my mom is not the only person whose life you have changed. She loves the meals, loves the variety and looks forward to each meal and each delivery. I cannot thank you enough.

Sincerely,

Patti Schock

Daughter of Jean Evans



Jean Evans

Over one year ago, Patti called Meals On Wheels of San Francisco because she knew her mother's diet was impacting her health. Getting her mother to accept help was difficult, but as a single mom working full time, the challenge of providing her mother with the proper meals she needed was difficult and Patti knew that something needed to be done.

Jean still looks forward to her daily delivery from Meals On Wheels. Her increased appetite has helped to build strength: she recently came down with a bad cough—the type that usually sends her to the hospital. This time, however, Jean was able to fend it off. Patti and Jean attribute this achievement to the meals and support we have provided, and they were happy to celebrate Jean's 85th birthday last month.

Dear Supporter,

We are pleased to present our Annual Report for the 2007 fiscal year, which ended June 30, 2007. As you will see in this report, Meals On Wheels of San Francisco works hard to ensure that we provide the most cost-effective quality service. We make every dollar count in order to serve as many seniors as possible.

With your support, along with the City and County of San Francisco, 2007 was our most successful year yet. Moreover, it was a year that has laid the foundation for future success.

Some of our highlights include:

- Delivering 723,390 meals to homebound seniors, a growth of 4.7%
- Serving 2,001 unduplicated seniors, a 9.5% increase
- Providing 3,580 hours of social services
- Performing 1,010 hours of nutrition counseling to homebound clients
- Delivering food and supplies to 90 pets through our PetPal program
- Maximizing our program with the service of 350 active volunteers
- Placing 757 seniors from the city-wide waiting onto our program

To us, success is more than just numbers. It is about being able to reach out to help a senior like Mrs. Wilkins. Mrs. Wilkins is 86 years old and suffers from moderate dementia. She recently fractured her wrist during a fall and is now in a cast up to her elbow. Mrs. Wilkins lives alone and because of her dementia, sometimes forgets to eat. Thankfully, a neighbor realized the seriousness of the situation and called Meals On Wheels. We were able to expedite service to Mrs. Wilkins and place her on our home-delivered meal program within a week. This action prevented her institutionalization and possibly even saved her life. Seniors like Mrs. Wilkins are the people that make our efforts truly meaningful, and your support so important.

We look forward to 2008 and the continued success we have in store.

Best wishes,

Dean A. Morehous

President of the Board

Ashley C. McCumber

Executive Director



Dean A. Morehous



Ashley C. McCumber

Our Mission

Meals On Wheels of San Francisco (MOWSF) exists to alleviate the food insecurity and loneliness experienced by seniors who want to stay in their own home but cannot shop or prepare meals for themselves.

It is our mission to provide isolated seniors with nutritious meals, daily human contact, and supportive services to prevent their premature institutionalization.

Our Accomplishments in 2007

- **723,390** meals delivered to homebound seniors.
- A **4.7%** increase over last year and **23,390** meals over our goal.
- **2,001** unduplicated seniors served, a **9.5%** increase over last year
- **757** seniors removed from the waiting list and placed on our program.
- **3,580** hours of social services provided
- **1,010** hours of nutrition counseling provided by Registered Dietitians to **1,279** seniors
- **428,150** modified meals delivered to seniors with special dietary requirements
- **36,473** meals served at the Dorrwin B. Jones Senior Center
- **580** seniors served at the senior center

Our Programs

Emergency Client Needs

We offer items such as microwaves, small refrigerators, shower chairs, bath mats, medisets, coolers, and bed linens

Nutrition Counseling

Registered dietitians advise clients on how to manage and minimize chronic conditions

Social Work

Our professional staff conducts regular visits and provides referrals and ongoing monitoring

Case Management

Case workers assist clients who encounter crises or have special needs

Home Safety

We provide grab bars, railings, smoke detectors, and other items to improve safety in the home

Congregate Meal Site

The Dorrwin B. Jones Senior Center at Trinity Episcopal Church, 1668 Bush Street serves a hot lunch to an average of 130 seniors each weekday

Home Delivered Meals

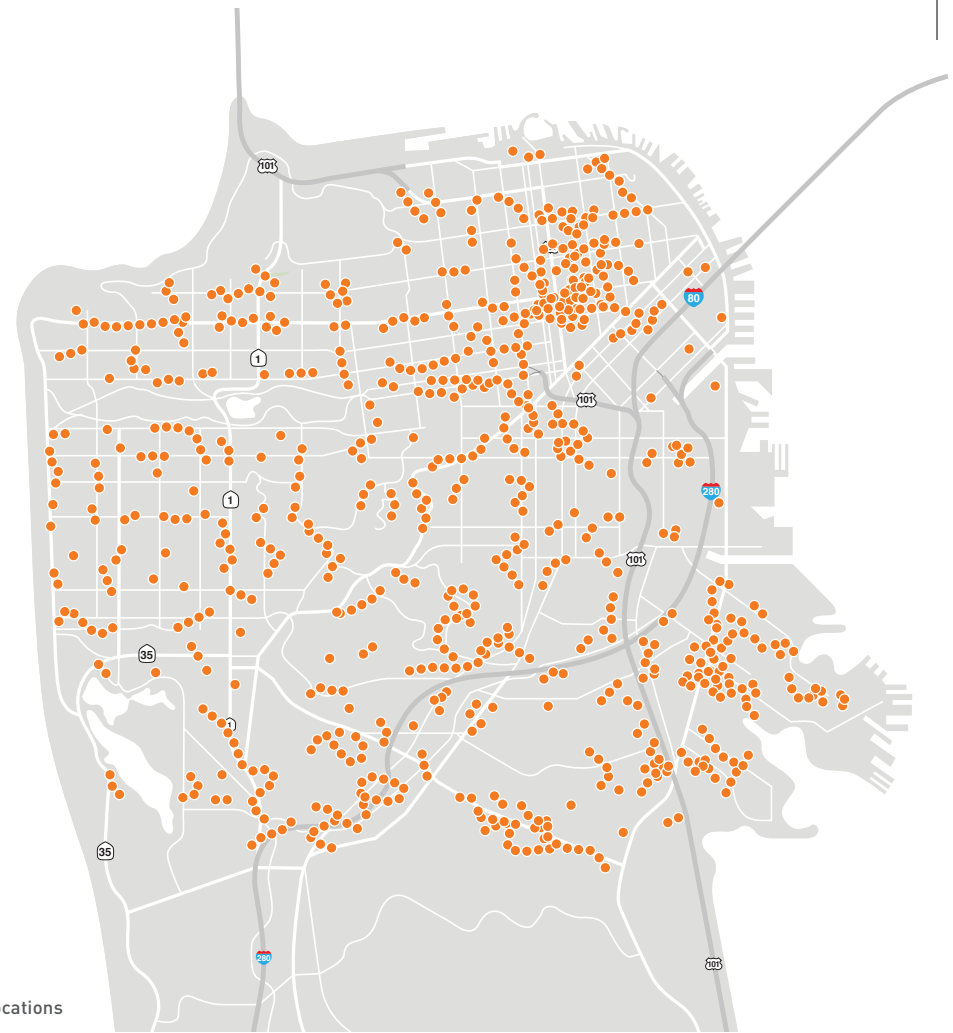
We provide 2 meals per day, 7 days a week. Therapeutic meals are offered for clients with special dietary needs: low sodium, diabetic and mechanically softened.

Our Clients

Meals On Wheels is geared towards serving those with the greatest physical, social and economic need. The seniors we serve are frail and isolated. They are also confronted with the anxiety that the cost of living in San Francisco may one day outweigh their limited income.

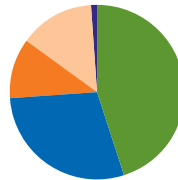
All of our clients are physically challenged due to a variety of conditions such as heart disease, cancer, vision loss, arthritis and diabetes.

- 63% are on modified diets
- 62% live alone
- 60% are over 75 years old
- 60% are considered low income and live on fixed incomes



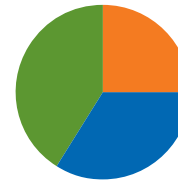
Ethnicity

Caucasian	44%
African American	26%
Asian/Pacific Islander	15%
Hispanic	11%
Other	4%



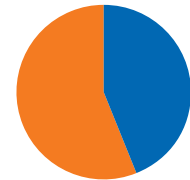
Age

60-74	38%
75-84	33%
85+	29%



Gender

Male	44%
Female	56%



Why I volunteer for Meals On Wheels



Why do I volunteer for Meals on Wheels? I volunteer because it has allowed me to become a better man than I was before. I know that sounds trite, but it's true. Helping the elderly has given me a reason to be proud of myself. It is easy to take care of ourselves; volunteering is about others.

Over the last fifteen years, I have performed numerous tasks for Meals On Wheels clients, including delivering pet food and microwaves, moving furniture, taking people to their doctor or hairdressers, cleaning out garages, installing hooks, hanging pictures, and getting a toilet to stop running. I even took a mentally challenged woman for a nighttime ride around San Francisco to look at Christmas lights. These are tasks that may be simple for you and me, but they are made immensely difficult by the challenges of old age.

I have listened to thousands of elderly stories, and you never know what to expect from seniors. They might be homebound and frail, but there is still a lot of fire inside. One of my favorite memories is moving furniture for a blind and deaf client while listening to her feisty older neighbor chronicle her Roller Derby days.

As much as I have given to Meals On Wheels and the elderly over the years, it is but a fraction of what I have received in return. Doing these deeds has given me substance and a purpose higher than that of just taking care of myself.

Why do I volunteer for Meals On Wheels? Because it has allows me to be the man I always wanted to be.

Jim Dunn

Volunteer since 1992

Volunteer Opportunities

Friendly Visitor/Grocery Shopper

Homebound seniors are matched with a volunteer to lessen senior isolation. Volunteers make regular visits and may take a senior on a walk, play cards, watch movies, read aloud or simply visit. Volunteers also help by shopping for personal care items when seniors are unable to go to the store themselves.

- 51 matches
- Our goal is to expand this program by 300% in 2008

Dorrwin B. Jones Senior Center

Every weekday, approximately 150 seniors gather at the Senior Center for a hot meal, social visits and various activities. Volunteers assist in all aspects of the Center, from setting up the dining room and serving food to leading activities such as Wheel of Fortune and Bingo. Many volunteers at Dorwin B. Jones Senior Center are actually seniors themselves.

- 12 volunteers daily

Holiday Programs

Thanksgiving Day

Each year, Meals On Wheels of San Francisco mobilizes community volunteers to deliver a hot turkey dinner to over 1,000 San Francisco seniors. Local businesses join us by donating products and sending employees to deliver meals. With these donations, seniors also receive flowers, candy, a placemat colored by local school children. Many families have made this special day of deliveries part of their own Thanksgiving tradition.

- 383 volunteers deliver meals
- Program has grown by 20%

Christmas/Winter Holiday program

Volunteers at local corporations and businesses lead gift drives and donate socks, slippers and personal care items for holiday gift bags. Volunteers assemble the gift bags and often deliver the items to a senior.

- 50 volunteers
- 6 corporate donations or gift drives

PetPal

Volunteers deliver donated pet supplies once monthly to homebound seniors' pet companions. Supplies are donated by the PETCO Foundation each month and include dog food, cat food, bird seed and kitty litter.

- 111 pets of 71 seniors assisted

Special Events

Throughout the year, volunteers help Meals On Wheels at fundraising events to raise support and awareness for San Francisco's seniors. They assist with every aspect of the events, including set-up, registration, auction support, guest relations and chef and winery assistance.

San Francisco magazine's FallFest:

- 90 volunteers

Star Chefs & Vintners Gala:

- 250 volunteers

Finances

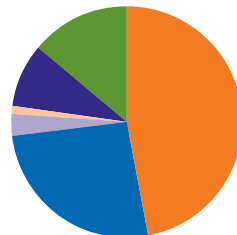
Assets <small>(as of June 30th)</small>	2007	2006
Current Assets		
Cash and Cash Equivalents - Unrestricted	\$ 2,565,529	\$ 2,608,185
Cash and Cash Equivalents - Restricted	10,323	10,213
Grants Receivable	50,000	274,797
Other Receivables	245,185	84,928
Prepaid Insurance and Other Current Assets	31,536	14,625
Total Current Assets	2,902,573	2,992,748
Property Furniture and Equipment, net	1,404,491	1,347,903
Deposits	12,105	12,105
Investments, marketable securities	1,184,972	-
Total Assets	\$ 5,504,141	\$ 4,352,756

Liabilities and Net Assets	2007	2006
Current Liabilities		
Accounts Payable and Accrued Expenses	\$ 207,423	\$ 205,527
Current Portion of long-term debt	186,682	158,059
Total Current Liabilities	394,105	363,586
Long-Term Debt, net of current portion	-	-
Total Liabilities	394,105	363,586
Net Assets		
Unrestricted	5,092,701	3,961,910
Temporary Restricted	7,335	17,260
Permanent Restricted	10,000	10,000
Total Net Assets	5,110,036	3,989,170
Total Liabilities and Net Assets	\$ 5,504,141	\$ 4,352,756

Audited Numbers

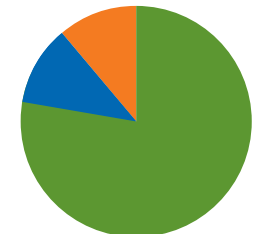
Revenues and Support

Government Grants	\$2,794,646	43%
Contributions	\$1,659,276	26%
Volunteer Services	\$132,183	2%
Interest Income	\$40,979	1%
Special Events	\$720,585	11%
Other Program Income	\$1,067,447	17%
Total Revenue	\$6,415,116	100%



Expenditures

Meal Programs	\$4,360,974	82%
Management & General	\$448,116	9%
Fundraising	\$485,160	9%
Total Expenses	\$5,294,250	100%



Net Revenue \$1,120,866

Audited Numbers

Audited by Daoro Zydel & Holland LLP

Net Assets <small>(in detail, for year ended June 30, 2007)</small>	Unrestricted	Temporarily Restricted	Permanently Restricted	Total	2006 Total
Revenue and Support					
Grants	\$ 2,794,646	\$ -	\$ -	\$ 2,794,646	\$ 2,795,301
Catering	632,790	-	-	632,790	441,801
Project Income	225,530	-	-	225,530	255,097
Contributions	1,644,162	15,114	-	1,659,276	1,068,684
Volunteer Services	132,183	-	-	132,183	133,667
Interest Income	40,979	-	-	40,979	47,428
Special Events, net	720,585	-	-	720,585	454,082
Other Revenue	209,127	-	-	209,127	21,461
Net Assets Released from Restrictions	25,039	(25,039)	-	-	-
Total Revenue and Support	6,425,041	(9,925)	-	6,415,116	5,217,521
Expenses					
Meal Programs	4,360,974	-	-	4,360,974	3,858,550
Management and General	448,116	-	-	448,116	341,479
Fundraising	485,160	-	-	485,160	501,697
Total Expenses	5,294,250	-	-	5,294,250	4,701,726
Change in Net Assets	1,130,791	(9,925)	-	1,120,866	515,795
Net Assets, beginning of the year	3,961,910	17,260	10,000	3,989,170	3,473,375
Net Assets, end of the year	\$ 5,092,701	\$ 7,335	\$ 10,000	\$ 5,110,036	\$ 3,989,170

Thank you to our generous supporters...



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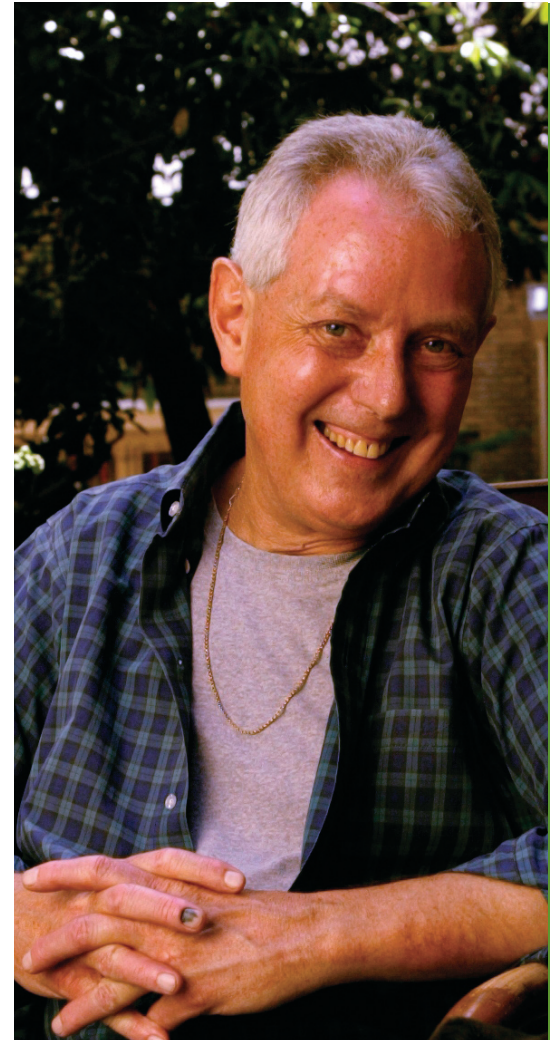
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The Vision Forward



In the 2008 fiscal year, we project many successes, including:

- Delivering over 800,000 meals to homebound seniors in San Francisco, provide 34,000 meals to seniors at the Dorwinn Jones Senior Center meal site, 80,000 meals for Meals On Wheels in San Mateo County and 70,000 meals for Meals On Wheels of Marin. In total, we will produce nearly 1 million meals over the course of the fiscal year.
- Launching an emergency start program for seniors as they are released from the hospital, ensuring service within 3 to 5 days
- Further reducing the waiting list for home-delivered meals, which will also lessen the wait time to begin service
- Increasing the number of home visits by staff and volunteers in order to reduce isolation
- Developing a preparation plan for the approaching Baby Boom wave
- Initiating a delivery fleet replacement program funded by community sponsors
- Strengthening support for client emergency needs and in-home safety, such as grab bars, minor home repairs, smoke alarms and disaster preparedness

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